

activating the first insulating layer by treatment with an activator;

then applying and patterning a second insulating layer; and

then seeding and metallizing the first insulating layer.

5. The process according to claim 4, which comprises forming the first insulating layer and the second insulating layer from the same material.

6. The process according to claim 5, which comprises patterning the first insulating layer before the second insulating layer is applied.

7. The process according to claim 4, which comprises patterning the first insulating layer before the second insulating layer is applied. --